¶ A briefe Treatiſe, called *Caries farewell to Phyſicke: where-* in thou ſhalt find rare and ſpeciall *helpe for manie com-* mon diſeaſes.

¶ *Herevnto alſo is to be referred a* gentle remedie againſt the Col- *licke: named The Hammer for* the Stone, by the ſame *W. C.*

Ecclus. 30, 15.
Health and ſtrength is aboue all gold, and a ſound bodie aboue infinite treaſure.

¶ Imprinted at London by *Henrie Denham, dwelling in Pater* Noſter rowe, at the ſigne *of the Starre.*
1583.

The Authors verſe.

WHo liues in health, and dooth deſpiſe
The meane to keepe and gaine the ſame,
Let him be ſicke, force not his cries,
His follie makes him too too blame;
Elſe pinch his purſe, and teach him ſaie,
All phyſickes vaine, awaie awaie.

Shall he thats fluſh and fethered,
Saie moolting time will neuer bee?
The doleſull mew dooth not he dred,
Who ſores as high as thou canſt ſee;
Mans ſtate is fraile, Phyſicians loue,
Health got they keepe, and greefs remoue.

To

To the Reader.

FOr that I am now fullie reſolued (gentle Reader) for ſundrie cauſes to leaue the practiſe of Phyſicke, contenting my ſelfe, with that ſmall portion, wherewithall GOD hath otherwiſe bleſſed me; I haue thought it my dutie to vſe ſome meanes, whereby I maie either in like, or more ample ſort (according to my poore talent) benefit my countrie. Wherevpon I haue publiſhed this ſhort worke, therein reuealing diuerſe good and perfect remedies, for manie common and ordinarie diſeaſes.

My meaning was not to write of all, but of thoſe onlie, in the which I haue had greateſt experience. And althongh both in the deſcription (deſiring to be more plaine) and cure thereof, I digreſſe ſomwhat from manie writers: yet I wiſh thee not raſhlie to condemne me. But

if thou miſlike anie thing herein conteined; write thy mind, and deliuer it to the Printer, and I will be verie willing, by writing againe to ſatiſfie thee; or otherwiſe thankfullie to accept thine aduice, and confeſſe my fault.

FINIS.

Of a potion which is to be vſed in ſundrie cures.

The firſt Chapter.

IN this firſt chapter, I mind to ſpeake of a potion, or purgation, which in ſundrie cures, (as hereafter doth appeare) is to be vſed. And whereas nature hath brought forth purgers of diuerſe kindes, according to the diuerſitie of corruption in mans bodie; ſome purging one humor, ſome another, &c. I haue made choiſe of the beſt and ſafeſt, to be taken in euerie kind; alſo in ſuch ſort prepared and corrected them, as they ſhall be found verie fit, without all danger, paine, or veration whatſoeuer, to anſwer the neceſſitie of ſuch, whoſe bodies of anie maner of corruption require to be purged.

I first deuised this potion about eight yéeres since, and seeing the gentle working and good successe thereof with few, I grew in further liking with the same. And thereupon hauing giuen it to manie, and that in sundrie diseases, I found it to be of such excellencie, the vertue thereof so wonderfull, and so well pleasing my patients, that I did preferre it before all the rest. For it cureth diuerse griefes of the head, also red and watering sore eies, it cleanseth the stomach, and cureth the hart-burning, it prouoketh a good appetite, and helpeth digestion, it is good against the rheume, the obstruction of the lungs, the cough & shortnesse of breath; it cleanseth those, who are troubled with biles, scabs, itches, or such like; it cureth the collicke, and preuaileth greatlie against wind; it is good in the blacke & yellowe Jandise; it helpeth the inflammation of the liuer; in the Greene sickness it is a present helpe, and excellent against all Feuers, and diuerse other diseases. And to conclude, my long experience hath so persuaded mée of the goodnesse thereof, that I thinke

I should do my countrie-men much wrong, if I should anie longer kéepe from them so great a treasure.

The vse thereof shall be declared in euerie chapter, where I intreate of the diseases particularlie.

I haue deliuered my bill, for the making of the same, vnto Maister Graie Apothecarie in Fanchurchstreete; for that I haue made long triall of his honest and faithfull dealing; also of his excellent skill in his profession. You shall haue it for six shillings the wine pint.

It maie be kept good, and in perfect vertue three weeks, or a moneth, contrarie to the nature of other purgers. If anie man mind to carrie it far, let him signifie so much to Maister Graie, that it may be prouided of purpose,

¶ Answers to such obiections, as may be made against the vse of this potion.

The second Chapter.

IT will perhaps be obiected a- 1
gainst mée, that it is verie vnlikelie, that one medicine shuld be

be good for so manie diseases.

To which I answer, that we haue receiued of our old and excellent writers, diuerse confections, wherein are conteined sundrie purgers; wherof some purge fleame, some choler, and others melancholie. So that I conclude, of necessitie they are good in all flegmatike, cholerike, and melancholike diseases, which are infinite. And following their example, I haue made my potion of like nature.

2 Further, it maie be obiected, that some require to be purged with strong purgations; others with gentle: for children, and they which are brought to great weakenesse, either by age, or by sickenesse, must be mildlie vsed: but others, as the person and disease require, more roughlie. Wherefore, how can one potion serue for both? Hath it two contrarie natures? Is it both strong and gentle?

I answer, that where the disease or person require a strong purgation, I giue it in the greater quantitie, and the oftener: but where a gentle purgation is required, I giue the lesse, as hereafter

thow

both appeare.

3 Thirdlie, it maie be obiected, that in some diseases, of the stomach especiallie, the patient is to be purged with pilles, electuaries, or such like; which being of more grosse substance than a potion, continue longer in the place where the corruption is, and worke effectuallie: whereas a thin potion slippeth awaie, leauing the worke vndone.

I answer, when I prescribe my potion for purging the stomach, I wish my patient to take it one houre before he rise: for lieng in his bed, it can not more suddenlie passe the stomach, than your grosser sort of purgers, and then no doubt it will far excell pilles, electuaries, &c. For being a thin substance, it will verie easilie ioine with the corruption, which it findeth in the stomach, and dissolue the same: whereas these grosser medicines require first to be dissolued themselues, which is no small trouble to nature.

4 Fourthlie, it maie be obiected, that I prefer my potion before the receipts of diuerse excellent & famous men, which haue been alwaies estéemed euen as fathers

thers of Phylicke.

I muſt néeds confeſſe, that whatſoeuer I haue, I haue it from them. But notwithſtanding, I hope no man thinketh nature barren, or that ſhe hath ſpent hir ſelfe in our fathers, and left nothing for their children. I haue both read and practiſed, according to that which I found in theſe excellent men, and haue héerein onelie added to their inuentions. So that, if you receiue anie benefit by this potion, or by ought elſe which here you ſhall find, aſcribe the honour vnto them. I craue nothing, but accept my labour as ſufficient recompenſe for my paines.

Certeine obſeruations.

The third Chapter.

1 IN taking of my potion, thou néedeſt not kéepe thy chamber, nor houſe ſtrictlie, as in ſtrong purgations; but maiſt walke abroad.

2 Thou néedeſt not make anie curious obſeruation of times for the taking therof: onlie I aduiſe thée to forbeare euerie change and full of the mone, in which are conteined the eclipſes. For the eclipſe of

the

the sunne, is but the change of the moone, (although of more force than the ordinarie change) neither the eclipse of the moone, other than the perfect opposition or full.

3 It may be taken cold, of such whose stomachs can not beare the sauour of Physicke; but haue their natures glutted with often taking of medicines.

4 If a child and an elder bodie be sicke, both of one disease, in which the potion is to be taken; let the child take lesse, & haue fewer stooles; but the elder more. For as a small vessell is sooner emptied than a greater, containing a greater quantitie: euen so is the bodie of a child sooner purged, than the bodie of one of riper yéeres; especiallie, for that in a child the humors are more moist and fluxible.

5 They, whose bodies are full, and as it were laden with corruption, shall find wonderfull ease, if they take it ten daies in the fall, and ten daies in the spring; as also now and then one good spoonfull before supper, which will gather togither the relikes of digestion, with other corruption, and cause the patient to haue

the

the nert morning one great stoole.

6 Take some broth within two houres, or lesse, after the taking of the potion, or a caudell, or some like supping.

7 The patient ought not to sléepe, within thrée houres after the taking of the said potion.

8 A child of thrée yéeres old may take of it verie safelie.

9 If it offend thy taste, vse sugar, or wash thy mouth with wine, or some other like thing; which I referre to thine owne discretion.

10 If thy bodie be drie, and such as a purgation will hardlie worke withall; thou must take the greater quantitie.

11 If thy bodie be verie moist, and ouer apt to be purged; thou canst not take too little.

12 To find a proportion betwéene thy bodie and the potion, take first thrée, foure, or fiue spoonfulles fasting, & marke how manie stooles that quantitie giueth thée. If it giue thée more than thou wouldest haue, take lesse the next daie; if it giue thée fewer, take more. By this meane, when I shall hereafter, in anie

disease,

disease, aduise thée to take so much as shall giue the foure, fiue, or six stooles, more or lesse, thou shalt be able, by this rule, to prescribe thy selfe the quantitie. But for the most part (thy bodie being neither verie drie and melancholie, neither ouer moist and exceeding easie to be purged) euerie good spoonfull will cause and prouoke one stoole.

13 During the time of taking the potion, especiallie if thou take it long, to cause a generall euacuation of thy bodie, abstaine from those things which are verie hot; as wines, spices, salt, and salt meats, &c. Also from all rawe fruits, grœne hearbs, and all cold things; or at the least, vse of these as little as thou maist. For thy bodie being emptied, it is verie requisit thou make supplie with those things, which are of good nutriment, and fittest to breed good blood. For otherwise, it is but vaine to take awaie that which is bad, & to fill the place with that which is worse. Wherefore let thy drinke be ale, thy bread of the finest of good wheate, wherof also eate verie little; thy meates for the most part boiled, and such

such as are fine and light of digestion.

14 In anie wise read and marke well these rules, before thou take of the potion.

For the Headach, and for such as are much bound, and haue their excrement alwaies hard and drie; also for the swimming of the head, and for red and sore eies.

The fourth Chapter.

1 THe Headach proceedeth of diuerse causes. First of heat, and chieflie of the sunne, which heateth the braine and bloud about the head; and this kind of Headach is said to be heat alone, without the mixture of anie humour causing the same.

2 The second kind of Headach (contrarie to the first) is of cold alone, and happeneth most to those, who hauing long vsed to keepe their heads warme, suddenlie take cold. But because these two kinds happen seldome, also for the most part staie not long, and the causes being knowen, may easilie be preuented; I write nothing touching the cure of the same.

There

There are also diuerse other griefes of the head, but my intent is to speake here, onelie of the cure of those which followe.

3 The third kind of headach is of fulnesse, when he partlie liuing in great securitie, some and some feedeth his bodie excelliuelie; euen vntill his eies swell with fatnesse, and his whole bodie be puffed vp like a bladder.

4 The fourth kind is of corrupt humors, which abounding in great quantitie, are the verie present cause alone of the headach, without anie other accidentall matter.

For cure of this third and fourth kind take of my potion, so much as shall giue three, foure, or fiue stooles in a daie, for eight daies or longer, vntill thy head and bodie be well emptied. In this sort shalt thou vse the potion for the cure of the swimming or giddinesse of the head, and for sore and red watering eies.

5 The fift kind is of the fume of corrupt humors, and not of the humors themselues. For that the corruption lieng in the stomach, onelie casteth vp to

the braine euill fumes, which offend the same, being of all other parts the most sensible.

For cure of this fift kind, take of my potion so much as shall giue thée foure or fiue stooles a daie, for thrée daies, and kéepe thy bed one houre after the same; but sléepe not.

6 There is also one other kind of headach, which procédeth of the excrement, continuing ouer-long in the bodie, whereof I thinke it verie necessarie to speake. After thou hast receiued thy food, first nature sucketh from it that which is thin and pure, leauing the rest as grosse and corrupt. And if then it remaine longer in the bodie; the noisome fumes thereof (it being now an excrement, and hauing lost the nature of a nutriment) ascend vp to the braine, and cause the headach; also otherwise (nature being as yet forced to féed thereupon) it greatlie infecteth the bodie. So that it is in reason a thing vnpossible for him to be long in health, who is much costriue or bound in his bodie.

For cure of this first and last kind, take

for

forten or twelue daies togither, (or longer) euerie morning fasting so much of my potion, as shall giue thée one stoole a daie more than ordinarie. And when thou hast brought thy bodie to good order, take alwaie lesse and lesse: for by that means thou shalt toll nature on to do hir worke without helpe. And in anie wise remember, that euerie morning, both while thou vsest the potion, & afterward also, thou offer thy selfe to the stoole, although thou féele no prouocation.

For those that haue red faces, pimples, or other corruption rising in their faces, and for the morphew.

The fift Chapter.

IT may séeme verie strange, that one hauing all the rest of his bodie cleane, and his skin faire, (as often times it happeneth) should haue his face onelie, which ought to be the grace and beautie of the man, by corrupt blood greatlie disgraced. The most common opinion is,

that it riſeth of the inflammation of the liuer: which in manie I thinke to be the onelie cauſe. But ſome haue it from their parents, and others by ouer-much drinking; and others, which are verie ſhamefaſt, and their bloud ſomwhat corrupt withall, in this ſort. The bloud in them hath often recourſe to their faces, and commeth alwaies as a witneſſe to teſtifie of matter in queſtion, and paſſing awaie againe ſuddenlie, leaueth euer ſome groſſe corruption behind, which nature after doth expell in the place where it was left.

For remedie in this griefe, I haue ſought manie things; but vntill of late I neuer found anie which I did account of. And this yeere I made an ointment, which without queſtion is of wonderfull force againſt the ſame; you ſhall haue it made by Maiſter Graie, for foure ſhillings the ounce, it is thus to be vſed.

Euerie night, when thou goeſt to bed, annoint the places where the pimples or corrupt bloud lieth, lightlie ouer with the ointment cold. Thou maiſt do it moſt con-

conuenientlie with the top of thy finger, & in the morning moisten thy face with a little new milke, and wipe it: vse this order, and in short time thou shalt be cured. This is also good for the Morphew: for it purifieth and cleanseth the skinne maruellouslie. But it is verie requisite for thée, to take of my potion three or four daies before thou vse the oile; so much as will giue thée three stooles a daie.

For those that are troubled with biles, itches, scabs, and such like.

The sixt Chapter.

Some by nature from their parents, some by long and euill diet, others by companie haue their bodies inclined to biles, scabs, itches, and such like: all which I will teach thée to cure, euen in as perfect an order as thou maist wash a fowle vessell with faire water.

Take of the potion, so much as shall giue thée foure stooles a daie, for three daies.

The fourth daie take of the roots of the white vine, which thou shalt haue at Maister Graies for twelue pence the ounce, and boile halfe an ounce thereof, and one whole mace in a pint of ale gentlie halfe an houre: then ad thereto a little sugar. And let the patient drink a good draught thereof warme, and kéepe his bed, and sweat thrée hours; and during his sweat, now and then let him take more of his ale, vntill he haue taken the whole pint: but if it be a child, lesse; as the age doth require. Vse this order thrée daies together, and longer, if the disease haue béene of long continuance.

☞ Note, that in sweating, the patient must rub his bodie with warme cloaths, to take awaie such corruption as commeth out by sweating.

☞ Note also, that by this means thou maist preuent the pockes and mezels in children, and others, in such sort, as they shall be as vnapt to take them, as they which haue had them.

For

For those that are full of fleame, also for the cough and shortnesse of breath, for such as haue taken an heat and cold, and for those which are towards the consumption of the lungs.

The seuenth Chapter.

THey, whose bodies are full of fleame, & haue their lungs stuffed with the same, or other corruption; so that thereby they are troubled with the cough, are thus to be cured.

Take of my potion for three daies euerie morning fasting, so much as will giue thée foure or fiue stooles a daie: for thereby thou shalt find thy bodie vnladen of much fleame.

Then take one handfull of the hearbe called Tussilago, or otherwise, Vngula caballina, Liekerish scraped and bruised, two ounces, Anisséed bruised halfe an ounce, Isop foure branches: boile these in three pints of water gentlie, vntill halfe be consumed, then straine and put thereto three ounces of sugar, or sugar candie,

candie, which is better. Drinke hereof a reasonable quantitie, well warmed euerie morning fasting, for ten daies after your purging, or longer: for it will cause the fleame to come vp easilie, and is a wonderfull preseruatiue for the lungs, keeping them from putrifaction.

But otherwise, if you will haue a thing of like or greater vertue, also more readie, more pleasant, and which will last longer in perfect force; take the things aboue mentioned, in such quantities as before: that is, of the leaues of the Tussilago one handfull, Liquerish scraped & bruised two ounces, Aniseed bruised halfe an ounce, Isop foure branches, and of the herbe commonlie called Rosa solis, halfe an handfull. Steepe these in a quart of verie good malmesie, and let it stand in a reasonable heate by the fire side, close stopped xviiij. houres or more. After take it from the fire, and when it is almost cold, straine it, and put thereto a pound & a halfe of fine sugar well beaten, and then let it stand in as gentle an heat as you can, vpon a chafingdish with embers, in a faire pewter vessell, vntill it be

verie

verie thicke, alwaies stirring it now and then: it will be well in eight or nine hours. But if thou wilt haue a certeine rule when it groweth to be thicke, drop two or three drops on a cold pewter vessell: and if when it is perfect cold, it be as it were a gellie, and will not run; then it is well. Keepe it in a gallie pot close stopped, somewhat neere the fire.

For the cough, thou shalt vse it in this order. After purging as before, clarifie a draught of ale, and put to it a spoonfull thereof, and drinke it warme & fasting: fast one houre after it, and vse it often.

If anie man be sicke of anie disease, wherein he is also troubled with fleame; let him take now and then a little hereof vpon a knives point, and hold it long in his mouth: so that it mealt downe some and some. For thereby the fume thereof, and part of the substance will passe with the breath into the lungs, and lose the fleame.

For those that are troubled with the shortnesse of breath, hauing their lungs drie; so that it is a continuall labour for them to fetch their wind: it is good first

to

to take of my potion, now and then for a daie or two, as much as will giue them three or foure stooles at a time; and afterwards to vse the medicine before rehearsed made with malmesie, in this order following.

Clarifie a draught of ale, and put therein the yelke of a new laid egge, and one spoonfull of the medicine, when you are readie to take it from the fire: and let the patient drinke it fasting, and fast one houre after it.

Although thou haue bèn troubled with this griefe manie yeares, yet if thou vse this medicine, it will moisten and open thy lungs or lights, and cure thée. Thou canst not vse it too long, for it is both a nutriment and a medicine.

In this sort also shalt thou greatlie ease them, which are entering into the consumption of the lungs. But if so be they will be cured, they must withall abstaine from all spices, wines, and salt meats, which fret or inflame their bodies. Also they must haue a great care, that they vse no violent exercise to ouer-heat their bodies; and that in coughing they

straine

straine their lights as little as possible may be, least by violent coughing they teare them. Cheese, nuttes, and all rawe fruits are verie euill for them. They can not haue too great care in their diet and vsage. For this disease is verie hard, and almost vnpossible to be perfectlie cured.

If anie man, by vehement labour or exercise, heat his bodie excessiuelie; and during his heat, either by drinking, by rest, or other means, suddenlie coole himselfe extreamelie; for the most part he falleth sicke vnto death: and if he scape, yet he remaineth weake and sicklie during his life. For nature misliketh nothing more, than a sudden passage from the one contrarie, which is extreame heat; vnto the other, which is extreame cold. Now, if the partie thus heating his bodie, vow keepe himselfe so warme, that he abate the extremitie by little & little; vntill he come to that state, in which he was before his heate: then he falleth not sicke, neither doth nature complaine at all. Whereupon I thinke by great reason, and I am sure by long experience I may conclude, that the best meane to

cure

cure a man in this extremitie, is to bring his bodie orderlie backe againe to the like heate, in which it was when he tooke cold; and to suffer the same, some and some, as it were by degrees, to passe awaie. Which thou shalt doo in this order.

Take a pint of ale, clarifie it, and dissolue therein as much treacle as a walnut, and a spoonfull of the medicine before rehearsed, made with malmesie. Let the patient drinke a good draught hereof warmed fasting, and keepe his bed, and sweate foure or fiue houres after it; and during his sweat, now and then let him take of the ale thus prepared, vntill he haue taken all. If it be a child, lesse quantitie will serue: and in anie wise abate his sweat verie gentlie, and beware he take no cold. For three mornings following, let him take one draught of the like two houres before he rise, and keepe his bodie warme without sweating.

☞ Note, if in the beginning of his sickness thou vse the order taken for the first daie, he will presentlie recouer. But if he haue beene long sicke, and so weake

that

that he be not able to sweat as before; there is no hope of life.

☞ Note, that if the patient be much bound; I wish thee to give him fiue or sixe spoonfulles of my potion, to ease and disburden nature: and let him drinke off mild and thin broath warme.

For a surfet by ouer-eating.

The eight Chapter.

When any man, either by long fasting, being verie hungerie, or otherwise, comming to such deintie meats as he is not vsed vnto, eate ouer-much, and cloieth nature; she refuseth to digest at all: like as one seeing a burden too heauie for him to beare, doth not so much as once offer to lift it.

This griefe is in quantitie of things taken. But there is also the like in the euill qualitie of meats, although they exceed not in quantitie, as in eating of fresh herrings, fat pies, pie-crust, heauie cake-bread, and such like: whereof eating but so much, as may well be eaten

of

of better meats, oftentimes groweth great sickneſſe.

For cure, if the patient complaine, as yet the cauſe or matter of his griefe being in the ſtomach; giue him a draught of water as warme as milke from the cow, with two ſpoonfulles of ſallet oile, which will cauſe him to vomit: but if it worke not quicklie, let him helpe it with his finger, by offering it to his throte. And after his vomit, giue him three or foure ſpoonfulles of a cawdell, or ſome broath reaſonable hot; and let him haue great care of his diet, for fiue or ſix daies following: firſt, that he eat nothing but what is warme and eaſie to digeſt; next, that he eate not at anie time much in quantitie.

But if the matter paſſe the ſtomach, with verie slight or no digeſtion, ſo that a vomit will not pleaſure him; giue him a draught of ſacke faſting, well burned, putting thereto as much treacle as an hazell nut, and ſugar as you thinke ſufficient; and let him keepe his bed, and ſweat foure houres, more or leſſe, as you thinke good, according to the ſtrength of

the

the patient: and in his sweat now and then let him take ale clarified with a litle mace, wherein also dissolue some sugar. For thus shall you make perfect digestion, through the whole bodie, of that wherof he did surfet.

For the hart-burning.

The ninth Chapter.

I Thinke it good, together with the multitude, to content my selfe with the ordinarie name of this disease, which is, The hart-burning; although it be a disease of the stomach, and not of the hart. They which are troubled with this griefe, are for the most part at ease, after they haue eaten: but when their meate is digested, they feele a continuall heate in the mouth of their stomachs; they often belch, and haue a continuall readinesse (as it were) to vomit. In some it is of long continuance, in others it riseth vpon euerie light occasion, especiallie by eating of fat, salt, and cholerike meats.

As

As touching the cure, first I wish thée to marke verie diligentlie, after what meats thou art most troubled with this disease, and to forbeare the same. For assure thy selfe, that they are verie unfit to make good bloud, or otherwise thy nature hath some speciall mislike thereof. I wish thée also to take this for a generall rule, that what griefe soeuer thou maist helpe by good diet or abstinence; in anie wise take no physicke for the same.

But if thy long euill diet hath laden thy stomach with hot, salt, and cholerike humors, which cause the hart-burning; then take of my potion for three daies euerie morning, so much as shall giue thée foure or fiue stooles. So shalt thou cleanse thy stomach perfectlie, which is a verie sufficient and perfect cure.

For those which vomit continuallie after meat.

There are two speciall causes of this disease. The one is, when the first veines, which receiue the nutriment from the stomach, are stopped. The other, when the bodie is long bound, and the excrement

ment verie hard; so that the patient goeth scarselie once in ten daies to the stoole. In some it groweth to such extremitie, that they neuer go to the stoole; but that which remaineth after digestion, palleth from them by vomit.

For cure, take foure spoonfulles of my potion fasting, and if that worke not, take more the next daie; and so forth, alwaies increasing the quantitie, vntill it worke.

The next daie after it hath wrought, boile a pint of good white wine, with one handfull of parselie, a quarter of an houre or better: then straine it, and put therto a little sugar: and let the patient drinke a reasonable quantitie thereof warme, and keepe his bed, & sweat three houres; and during his sweat, let him take now and then more of the same, vntill he haue taken all.

Afterwards, let him take fasting so much of my potion as will giue him one stoole a daie. This he must continue in such sort, that he suffer not his excrement to staie long, or to drie in his bodie; but that he be alwaies soluble.

C.j. ☞ Note,

☞ Note, the white wine thus prepared, togither with the sweating, openeth the first veines, and maketh good passage into the bodie. The purging dissolueth, and draweth downe the excrement, and some and some bringeth nature to hir vsuall course: also cleanseth the stomach of such corruption, as happilie is some cause of the griefe.

For those that haue no appetite to meate.

The tenth Chapter.

THere are diuerse causes of this disease: but I will rehearse onelie two, which are most vsuall. The one is, when the first veines do not sucke, which is their naturall action, whereby they receiue food for the whole bodie; and this is found in men of diuerse constitutions. The other is proper vnto fat and grosse bodies, which are alwaies stuffed (as it were,) and so full, that nature seemeth contented with that she hath, and hath little desire of more.

For

For cure, take of my potion euerie daie as much as will giue thée two or thrée stooles, and in few daies thou shalt féele thy selfe exceeding hungrie.

¶ For those, who are troubled with the gnawing of the stomach or guts; also for the collicke and wind, and all corruption which causeth wind.

The eleuenth Chapter.

THese griefes rise of such corrupt and slimie humors, as cleaue to the inner part of the stomach and guts; and are thus verie easilie to be cured.

Take of my potion so much as shall giue thée three or foure stooles a daie, for fiue or six daies, more or lesse, respecting the age & bodie of the patient. For when his stomach and guts are cleansed, he is verie perfectlie cured. Then learne to auoid all windie and slimie meats, whereby thou shalt be able to preuent these diseases.

¶ For the Rheume.

The twelfe Chapter.

FOr the Rheume I chiefly prescribe thée these rules following; for that the cure thereof consisteth more in the patients owne good gouernment, than in much taking of physicke.

The first rule.

Vse labour and exercise: for thereby thou shalt stirre vp naturall heate, and consume the waterish humors, which cause the Rheume. This is the chiefe and principall meane, both to preuent and cure this griefe. Which doth appeare manifestlie; first, for that they, who labour much, are neuer troubled with the Rheume. Next, that students, and such as vse little stirring or motion of their bodies, are most subiect therto: for while they sit still, the outward parts of their bodies are cold; so that their bloud, togither with other humors, remaine within. Neither haue they anie such euacuation by the pores, as nature requireth,

reth, to consume the Rheumatike humor, which then seeketh another vent: and either the patient is forced to spit it out, or else it runneth out at his nose, or thirdlie, it slielie trickeleth into the lungs.

The second rule.

Feed most vpon hot meats, and especiallie such as are well rosted: for hot meats warme the stomach, and stirre vp naturall heat through the whole bodie, which digesteth the humors; chieflie, if at thy meat thou talke and be merie.

The third rule.

Keepe thy head and necke warme, and thy feet drie.

The fourth rule.

Drinke little, and touching thy drinke also, obserue these rules following.

1 Let thy drinke be reasonable strong, and not small in ante wise: for the smalest drinke is most waterish. And if thou take of that continuallie from time to time, which yeeldeth alwaies new matter of thy disease, it is verie hard for thee to haue helpe.

2 Either drinke not at all, or verie

little toward the end of thy meales: for so shalt thou suppresse the moisture, which otherwise would ascend.

3 Let not thy drinke be ouer stale, sower, or sharpe.

4 Drinke not white or Rhenish wine.

5 If thou drinke Claret wine, first loke it be no small or hedge wine; next take it well sugered, and in the middest of thy meat one draught.

There are diuerse other rules, but I will not persuade thée to anie curious obseruation of the same: yet will I rehearse them, least I should séeme either to be ignorant thereof, or otherwise to contemne that which is allowed of the learned.

The sixt rule.

6 Fast and watch. The reason alledged is, that both these drie the bodie. But these alone being obserued, rather hurt than helpe. Whereof I take witnesse of earnest students, which rise earlie, fast long, eate little, and sit vp late; yet most troubled with the Rheume of all others.

The seuenth rule.

7 Kéepe thée in a warme aire.

The

The eight rule.

8 Hold thy breath hard now and then, which forceth the bloud to the outward parts of thy bodie, and turneth withall the course of the Rheumatike humors.

The cure.

Now, to helpe those which afterwards by these rules meane to continue their health themselues, (for otherwise it is but vaine to seeke helpe.) First I wish them to take of my potion two daies, and so much at a time, as will giue them six or seuen stooles. The third daie towards bed, burne a good draught of sacke, with a branch of rosemarie; & when you haue done burning of it, presentlie brue it with a good quantitie of sugar, and the yolke of a new laid egge. And let the patient drinke it in bed, & keepe his bodie verie warme all night: for so shall he digest and consume the Rheumatike humors. Use this three nights togither.

☞ Note, if he be a thin leane bodie, and full of bloud, either delaie the sacke the better with sugar; or vse ale in stéed of sacke, least the sacke inflame his bloud.

For

For the yellowe Iandise, and stopping of the liuer.

The 13. Chapter.

THe yellowe Iandise proceedeth of choler, mixed with the bloud, and therewith also dispersed ouer the whole bodie. There are diuerse causes of this disease, which make diuerse kinds therof.

1 The first kind is by the biting of some venemous beast, whose poison ioineth with the bloud, and maketh the same cholerike.

2 The second kind is chiefly in the declination, or going awaie of an hot Feuer: for when nature hath got the vpper hand, she disperseth the yellowe choler, which was the matter of the Feuer, and driueth it out of the bodie, by vrine, by stoole, and by the pores; which are the three speciall and most naturall means, wherby she emptieth the body. So that in this kind, the skin, which is full of pores, or insensible holes, the vrine and excre-

ments

ments of the patient are verie yellowe.

3 The third kind is through the inflammation of the liuer, which being ouer hot, worketh too vehementlie vpon the nutriment which it receiueth, and conuerteth it not into good bloud, according to his office and dutie: but it selfe being distempered into a matter of like heat, which is choler, or rather verie cholerike bloud.

4 The fourth kind is through the weakenesse of the gall, which is not able to sucke or drawe from the liuer the cholerike humors; but suffereth them togither with the bloud to passe into the bodie: which thereby is coloured yellowe.

5 The fift kind is through the obstruction or stopping of the vesselles, that are betweene the liuer and the gall; which being stopped, the choler cannot passe into the gall, but is carried with the bloud into the bodie, and staineth it.

6 The sixt kind is through the obstruction of the passage, from the gall, into the bowelles; for that being stopped, the gall is not able to emptie it selfe. But the choler is repelled, and passeth backe into

into the bodie, which otherwise should colour & staine the excrement yellowe. In this first and sirt kinds therefore, the excrement of the patient is white; also he feeleth an heauines in his right side.

These two last kinds of Jandise are most common, which are thus to be cured. As for the rest, I write nothing. For (to confesse a truth) since I knew the vse of the roote of the white vine, otherwise called Brionia, I neuer vsed other meane to cure the Jandise.

Whereby I gather, that either altogither, or most commonlie, the griefe riseth of obstructions. Take of the roots of Brionia halfe an ounce, & of parselie halfe an handfull: boile this verie gentlie in a pint of white or Rhenish wine, halfe an houre, close couered; then straine it, and let the patient drinke a good draught thereof reasonable hot, fasting, and keepe his bed, and sweat three or foure houres, as the continuance of his disease doth require, & his strength will permit, which I referre to his owne discretion. And during his sweat, let him drinke of the rest, vntill he haue taken

ken all. And if he desire to drinke yet more in his sweat, giue him ale clarified, putting thereto one whole mace, and a little sugar.

☞ Note, the more he sweateth & drinketh; the more the vessells stopped are opened, the matter digested, and his Jandise the soner cured.

The next daie take so much of my potion, as will giue thée seuen or eight stooles: for thy sweating doth but open the vessells, and digest the corruption which lieth in them: but the purging doth take it awaie. It were also more agréeing with physicke & reason, if thou purge a little, before thy sweating, to cleanse thy stomach and guts; least such corruption as lieth there, be caried into the bodie. But in the meaner sort, who euer do expect sudden helpe, I haue often omitted the first purging; yea, and sometimes also, they féeling ease, haue neuer sought for the second.

☞ Note, if the Jandise in short time after shew not it selfe perfectlie cured; let the patient sweat againe as before.

☞ Note also, hereby thou shalt cure the obstruc-

obstruction of the liuer.

For the blacke Iandise; for the hardnesse and swelling of the splene or milt, also for the Piles.

The 14. Chapter.

Like as the yellowe Iandise procéedeth of choler; so the blacke Iandise of melancholie, which ioining with the bloud, is dispersed ouer the whole bodie. It is knowne by diuerse signes, but chiefly by this, which will serue for all. They that are troubled with this disease, haue alwaies drie, withered, and blacke bodies. It is verie hard to be cured, and requireth great diligence of the patient: for melancholie is a verie stubborne humor, and (without great digestion) will not yéeld to anie purgation whatsoeuer.

For cure, take Ceteracke, the inner rine of the ash, the roots of the white vine, parselie: of each foure ounces. Boile these gentlie in three gallons of whey clarified, one houre at the least, and

and being cold, keepe it in some cleane vessell, vntill the same be well setled.

Take hereof well warmed a great draught or two, euerie morning fasting; for thou canst not take too much: and walke after it, vntill thy bodie be hot; or else vse some other exercise, to stirre thy bloud, that the wheie may be the better dispersed within thy bodie. Take it at the least thirtie or fortie daies together, especiallie in the Spring and Fall. But alwaies remember to take so much of my potion with thy wheie, as will giue thée dailie one stoole more than the ordinarie.

☞ Note, that the wheie thus prepared doth digest, some and some the melancholie; and the potion doth take it awaie from time to time, as it is made fit to be purged.

☞ Note also, that it is good for thée to annoint thy left side about the girdlestéed, where the splene lieth, with oile of wormewood warmed, or oile of Brionie, which is far better.

☞ Note thirdlie, that in this sort thou maist cure the swelling and hardnesse

of

of the splene; also the Piles, or Hemorrhods.

For the greene Sickneſſe.

The 15. Chapter.

THis diſeaſe happeneth, when the liuer is ſo weakned, that it is not able to conuert the nutriment into bloud; but the digeſtion thereof is ſo rawe, that the whole bodie is filled with water, and fleame, in ſtéed of good bloud. It is found moſt in maidens, who either of follie deſire to abate their colour, and to be ouer fine; or otherwiſe of childiſh appetite féed vpon ſuch things, as change the ſtate of their bodies, which are theſe: apples, peares, plummes, cheries, and generallie all rawe fruits and hearbs; alſo, otemeale, wheat, barlie, rawe milke, and manie other things of like nature.

They that haue this diſeaſe, are verie pale and grœniſh: if they chance to cut a finger, no bloud, but water will rather followe. They féele a great paine in their heads, with a continuall panting, or beating. They are faint alſo, with ſhortneſſe

nesse of breath, and haue their naturall course staied.

For cure, take of my potion, for foure or fiue daies, euerie daie so much as shall giue thée fiue or six stooles. The next daie after thy purging, boile halfe an ounce of the roots of the white vine, in a pint of ale gentlie, a quarter of an houre, & drinke a good draught thereof, & keepe thy bed, & sweat three or foure hours, more or lesse; as the body of the patient will beare: and in thy sweating, drinke of thy ale now and then, vntill thou haue taken all.

The daie following, take a good draught of thy ale in like sort prepared, one houre before thou rise, and keepe thy bodie warme without sweating: vse this last order twelfe daies. But it were farre better to walke after thy draught, or to vse some other exercise for one houre, to heate and stirre the humors in thy bodie. Vse good diet withall, and thou shalt haue verie spédie, and also perfect health.

For the quotidian Ague, which commeth euerie daie.

The

The 16. Chapter.

TAke Centurie, Borrage, and Betonie, of each three handfulles, Fumiterræ one handfull, Iuie berries one pint. Chop all these verie finelie togither, and put them into a faire stillatorie, with one pint of white wine, and distill them with as gentle a fire as is possible, vntill thou haue all the water, which keepe in a glasse close stopped with yellowe war.

For the quotidian Ague, let the patient take seuen or eight spoonfulles of this water warmed, two houres before his fit, and keepe his bed, and sweat three or foure houres; and in his sweating, let him drinke ale clarified reasonable hot, now and then, and into euerie draught put two spoonfulles of the water.

The nert daie in like order two houres before his fit, get him into a sweat; and do in all things as before.

☞ Note, that the water is more perfectlie made if the things be first digested in a close vessell, in Balneo Mariæ, or Fimo equino.

☞ Note, that these things ordrlie don, and

and the patient well kept from the aire; the Ague is cured in two daies. But if by some ouer-sight, it chance to continue long, beginne againe, and vse the like order for two daies as before.

☞ Note also, it will be more easilie cured, if thou purge before thy sweating, with so much of my potion as will giue thée fiue or six stooles.

For the quartan Ague.

The 17. Chapter.

THe quartan Ague is a disease so hard to cure, that it hath béene alwaies accounted the reproch and shame of the Physicians. For it resisteth the force of all their vsuall medicines, and doth in despite of them triumph ouer their patient. Wherefore I shall now take a hard matter in hand, and I knowe my slender receipt shall be greatlie suspected, for the working of so rare an effect. But notwithstanding, being greatlie encouraged by experience, and reason

hir good Ladie and gouernesse; I will boldlie proceed herein.

Take on thy two good daies, euerie daie so much of my potion as will giue thée six or seuen stooles: the third daie, which is thy fit daie, passe ouer, as thou thinkest good; for I prescribe thée nothing.

The fourth daie, take of the water, whereof I spake in the chapter before, a reasonable draught warmed, earlie, and keepe thy bed, and sweat moderatlie fiue or six houres; and during thy sweat, drinke now & then ale clarified warme, and into euerie draught put three spoonfulles of the water. Vse this order foure daies togither.

If the quartan forsake thée not in that time, (which I thinke almost impossible) vpon thy next fit daie, two houres before thy cold, take the like quantitie of the water as before, and sweat vntill the time of thy cold be past; and in thy sweat drinke ale clarified, as before also. Vse this order three times, onelie vpon thy fit daies.

After thy fits haue left thée, take ten

daies

daies togither of my potion, so much as will giue thée dailie two stoles.

☞ Note, that this water being dispearsed in thy bodie, by naturall heat stirred vp in sweating, doth in wonderfull sort ripen and digest the matter of the quartan Ague: so that it far excelleth all the preparatiues of the world. For thereby alone I haue cured manie, without purging; but it is far better to purge.

For the tertian Ague, which commeth euerie second daie.

The 18. Chapter.

TAke of Centuarie six handfulles, Endiue twelfe handfulles. Distill these with a verie gentle fire, and kéepe the water close stoped in glasse; but let the glasse be but halfe full, for so it will kéepe the better.

For cure, first let the patient take so much of my potion, as will giue him fiue or six stooles on his good daie: the

next daie, two houres before his fit will come, giue him a reasonable draught of the water warmed well, and let him keepe his bed, and sweat three or foure houres. And in his sweat, let him drinke ale clarified; and in euerie draught of ale, put two or three spoonfulles of the water. Vse this order also the second fit; and thou shalt giue the Feuer such a checke, that it dareth not assault the patient anie more.

Be carefull, and thou maiest cure manie extreme hot Feuers with this water, euen in one fit. But after the fits be gone, purge; and so shalt thou deale verie orderlie.

For the Plague.

The 19. Chapter.

THere bée three speciall causes of this disease. The first is the iust iudgement of God, for the sinnes of the people: and herein I consent with the Diuines, that in this case the plague cõmeth as it were by

by the commandement of God; & then in vaine worketh the policie of man vnto health, where the power of the almightie worketh to destroie. Wherefore repentance, and amendment of life is the onelie salue for this sore. Yet withall, for that we are ignorant of the determination of God; I wish no man to omit such naturall meanes, as he hath prouided for preseruation of our naturall bodies; least thereby he tempt God.

The second kind procéedeth of the corruption of the aire, which is of two sorts; the one generall, the other particular. The aire is generallie infected, by the distemperature of the heauens; which thou shalt knowe in this sort. The weather is long darke, cloudie, foggie, stifeling, verie hot and moist: also our bodies faint, we loath the breath we drawe, for it bringeth a most sensible and present offense; it is hard to kéepe flesh swéet; little frogs and toads, also flies, lobcheffers, and wormes of sundrie sorts, (such as commonlie procéed of putrifaction) do greatlie abound: and to conclude, the heauens do as it were refuse

to drawe the corruption from the earth; but rather seeme to yéeld downe againe such as they had taken awaie before.

The aire is particularlie infected, by the sauour of dead carcases; as it happeneth oft in battell, where manie are slaine, and lie vnburied: which infecteth the particular place, onelie where the bodies lie; also, by the euill and putrified sauour of a fen or marish ground, or such like.

And further, by the breath and sauour of the bodies of such, as throng togither in a stifeling sort, especiallie in some close or sluttish place. As it happeneth (no doubt) often in London, and such like cities of great resort; that manie lodge togither in one small roome, hauing perhaps as manie beds as the place will well conteine. And then, after one houre or two, how may anie of these drawe fresh or swéet breath; but such as his fellowes haue drawne often before, as also the ranke fume of their bodies: Both which are so contrarie to nature, that some and some with continuance, they bréed such infection, as bursteth out to the plague.

Ths

The third kind of plague riſeth of the corrupt humors in mans bodie, by euill diet ingendred.

To preuent this heauie griefe, firſt I wiſh one old order to be renewed; which was, to make fires in all great cities and tounes in the open ſtréets, vpon certeine daies euerie yéere; which no doubt doth greatlie cleanſe and purifie the aire. And although this order was diligentlie obſerued by the followers of the Pope; yet I thinke they did it rather of policie, than of religion, and therfore being good, it is not to be reiected.

Secondlie, I thinke it verie neceſſarie for citizens, and ſuch as liue in a cloſe aire, now & then to aſſemble themſelues togither in the fields, in ſome ſwéet and open place, there alſo to vſe moderate exercíſe; which will greatlie purifie their bodies: and in the meane time to leaue a good huſwife at home, to ſée the houſe made cleane and ſwéet, by ſwéeping, by ſtrowing good herbes, by airing the bedding, by opening windowes, to let freſh aire into euerie roome, &c.

Thirdlie, I wiſh that through all London,

don, in euerie ward, there may be certeine appointed to see, that no house, or roome within anie house be ouer-pestered with loogings or people, and to driue out of the citie, such as vpon examination they shall find to be vagabonds, or vnnecessarie members. For this is no lesse requisit for such a citie, than a purgation for him, whose bodie is full of corruption.

For cure, take Endiue water a quart; Centuarie water a pint; Iuie berries, halfe an handfull bruised. Boile these togither gentlie a quarter of an houre, and when you take it from the fire, dissolue therein as much treacle as a nut, and a little sugar, also put thereto three spoonefulles of vineger.

As soone as euer the patient doth complaine, and nature being yet strong, giue him fasting one good draught thereof warme, and let him keepe his bed, and sweat ten houres, or lesse; as the strength of the patient will beare. And in his sweating, giue him now and then ale clarified, and into euerie draught put two or three spoonfulles of the decoction.

When

When he riseth, giue him some broth, not made ouerstrong, neither with much spice; and be verie carefull to keepe him from the aire. This decoction thus vsed, will either force out the sore: or else, if the patient sweat throughlie well, cure him without anie sore. And if thou find he be not greatlie eased within eight houres after his sweating, the next daie vse the like order.

But whereas, in this, and diuerse other diseases, heretofore I haue prescribed the patient to drinke in his sweating; I know it doth not agree with manie writers: neither do I take it to be absolutelie good, but herin rather I admit a small euill to auoid a greater.

¶ For the Crampe.

The 20. Chapter.

For the Crampe I wish you to vse Vnguentum Brioniæ, by which name aske for it of Maister Graie. Warme it well, and annoint the place where you are commonlie troubled. It is a verie pre-

present helpe; once or twise annointing will serue for a long time.

This is also of marvellous force for sinewes that are shronke, & stiffe ioints: and good for those, which haue their faces drawne awrie, or anie other convulsion: it is at sixe pence the ounce.

For burning and scalding.

The 21. Chapter.

TAke of your ordinarie graie sope, and annoint the place burned or scalded presentlie: once anointing will serue, if you take it as soone as it is done, both to take awaie the fire, and to heale it, without anie further matter. Assuredlie, it far excelleth all other medicines. I haue often seene such helpe hereby onlie, as before I thought impossible. But if it be not within a quarter of an houre annointed with sope; then take goose grease, which hath béene kept from salt: for it must be such in anie wise, and annoint the place therewith well warmed

twise

twise a daie; for this alone will heale it, and so, that it shall neuer be seene, except it be burned verie deepe.

For a fellon and whitblowe.

The 22. Chapter.

TAke wine vineger, & wheat bran; boile them togither in such quantities, as you thinke good, till it be thicke, alwaies stirring it well: it is made in halfe a quarter of an houre. Spread it thicke vpon a linnen cloath, and laie it to the fellon, and aboue it, as hot as the patient can well abide. Dresse it once in twelfe houres. Vse it three or foure daies, or longer, if the fellon hath beene of long continuance. The like order, but lesse time will serue to cure the whitblowe, or an angrie and burning swelling. It draweth out the corruption, being applied hot, and driueth it not in, although the vineger be cold. If the vineger be verie sharpe, so that it will get off the skinne; anoint the place first with a little sweet oile lightlie ouer.

For

For a Ringwoorme, Tetter, and such like.

The 23. Chapter.

TAke the iuice of Celandine and bath the place twise or thrise a daie, & in verie short time it will helpe thée.

For the Toothach.

The 24. Chapter.

TAke the iuice, or rather milke of the garden spurge, and temper it with wheat floure, vntill it be an hard paste or dowe. If thy toth be hollowe, put the quantitie of a barlie corne thereof into it; also put of it in a cloath, and laie it to thy iawe or gummes.

But if thy bodie be verie moist, and rheumatike withall; then I referre thée to that chapter, where I haue spoken of the rheume.

Of the disease, wherewith our wantons of England are troubled.

The 25. Chapter.

There

THere is yet one other disease, whereof it is verie requisite to speake; wherewith our wantons of England are much troubled. If they feele neuer so small or light a griefe, they must presentlie to physicke; vntill they haue so filled their bodies with drugs, that they are sicker of their physicke, than of ante disease. In this griefe a little more wit will be a present helpe: for so shall they haue heauier purses, and lighter harts.

For those which haue their health.

The 26. Chapter.

HE which hath his health, and would so continue; I wish him either to forbeare, or litle to vse those things which greatlie digresse from that constitution or mediocritie, in which man is created. Our Physicians do call euerie thing hot or cold, in respect of the nature of man. For if it be somwhat hotter than his nature, then it digresseth, and they terme it hot

hot in the firſt degree; if yet hotter, hot in the ſecond degree; and in like maner vnto the third, and fourth. Which becauſe it doth ſo farre exceed his conſtitution, by dailie proofe is found to be vnto him flat poiſon. The like conſideration on the contrarie ſide haue they of cold things. Whereby you maie gather, how like alwaies deſireth like, and abhorreth the contrarie. The things which are like, and beſt agree with the nature of man, are good, holſome vſuall meats and drinks; a drie, freſh and ſweet aire; moderat ſleepe and trauell, or labour; which although it were allotted to vs as a puniſhment by GOD, yet mercifullie withall he hath made it a meane to preſerue our health. The things which greatlie diſagree, are wines, ſpices, ſalt meats, and all verie hot things: which thou ſhalt knowe by taſte. For either they bite like pepper, fret like ſalt, or elſe ſhew ſome manifeſt great heat in the mouth. Alſo on the other ſide, all raine fruits, and cold herbs, with diuerſe things of like nature. Much vſe of ſawces, deuiſed by bellie-gods; whome God hath puniſhed, as much by want

want of appetite, hauing meat at will; as the poore by want of meat, hauing good appetite. To liue in a thicke or foggie aire, to liue idelie, and to exceed in eating, drinking, sleeping, or watching.

I would not haue anie man to thinke, that I do vtterlie condemne all verie hot and cold things: but seeing they are rather of the nature of medicine than nutriment, I wish them to be verie discreetlie and moderatlie vsed.

Now further, forsomuch as all men are subiect vnto death, and our bodies, (as yeelding thereunto) from time to time alwaies gather corruption: to preserue our health as much as may be, vntill we haue run that race which GOD hath appointed, I commend vnto you this receipt.

Take Borage and Parselie, in like quantitie: boile them in wheie clarified, and keepe it in some earthen vessell. Vse of it warme, in the Spring especiallie, euerie morning fasting, a good draught: and in euerie draught, take so much of my potion as will giue thee two stooles a daie, more than ordinarie. Some may

vse

vse it ten daies together, other fiftene, or twentie; as the bodie doth require. By this meanes thou maist preuent manie diseases, and keepe thy bodie in very good state. It maketh women apt to conceiue; if (during the taking hereof) they liue chaste: and it hath manie other speciall vertues, which for breuitie sake I will omit.

FINIS.

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